

# Boot Camp - Fitness For All

**1230-B S. High St.** | [Click here for map](#) [1]

[Paula Martin Jones Recreation Center \(Fitness Center/Gym/Pool\)](#) [2]

This boot camp is for participants of all ages and any fitness level, and consists of twelve 45-minute classes (4 weeks.)

AGE: 6 years & up

COST: Non PMJ Member - \$99 per 4-week session  
PMJ Member - \$89 per 4-week session  
Single Visit - \$10 per visit

Dates To Be Announced

### **Morning Classes**

DAYS: Monday, Wednesday & Friday  
TIMES: 6:15 - 7:00 AM, or 7:15-8:00 AM

### **Night Class**

DAYS: Monday, Tuesday & Thursday  
TIMES: 7:15-8:00 PM

*\*There must be a minimum of 6 participants to hold the class. The maximum is 16.*

INSTRUCTOR: Jeff Enoch Jr. (13 years experience as a fitness professional)

## **WHAT IS IT?**

A fitness boot camp is type of group exercise class that mixes traditional calisthenics and body weight

exercises with interval training and strength training. While there are a variety of styles of fitness boot

camps, most are designed in a way that pushes the participants harder than they'd push themselves

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and, in that way, resemble a military boot camp.

**For more information call: 903-239-5500** | [Contact Us](#) [3]

**Source URL:** <http://parks.longviewtexas.gov/boot-camp-fitness-all>

### Links:

[1] [http://www.google.com/maps?f=q&source=s\\_q&hl=en&geocode=&q=1230-B+S.+High+St.+longview,+tx&sll=32.490343,-94.743605&sspn=0.008398,0.01929&ie=UTF8&hq=&hnear=1230+S+High+St,+Longview,+Gregg,+Texas+75602&z=16](http://www.google.com/maps?f=q&source=s_q&hl=en&geocode=&q=1230-B+S.+High+St.+longview,+tx&sll=32.490343,-94.743605&sspn=0.008398,0.01929&ie=UTF8&hq=&hnear=1230+S+High+St,+Longview,+Gregg,+Texas+75602&z=16)

[2] <http://parks.longviewtexas.gov/service/paula-martin-jones-recreation-center-fitness-centergympool>

[3] <http://parks.longviewtexas.gov/services-contact#pard@longviewtexas.gov>